



## **DID YOU KNOW?**

### **Harmful Interactions: Mixing Alcohol with Medicines**

#### **THE DANGER IS REAL...**

- **Mixing alcohol with certain medications can cause nausea, vomiting, headaches, drowsiness, fainting, loss of coordination, internal bleeding, heart problems, and difficulties in breathing**
- **Alcohol can make medication less effective, useless, or even harmful or toxic to your body**
- **Some medicines that you might never have suspected can react with alcohol, including over-the-counter medications. Even some herbal remedies can have harmful effects when combined with alcohol.**
- **Alcohol can intensify the sleepy, drowsy, and lightheaded symptoms of medicines**
- **Medicines have many ingredients that can react with alcohol**
- **Some medications contain up to 10% alcohol**
- **Older people face greater risk for harmful alcohol-medication interactions due to a decrease in metabolism and higher probability of taking one or more medications that may interact with alcohol**
- **Timing is important - alcohol and medicines can interact harmfully even if they are not taken at the same time**

**Ask your pharmacist if you have any questions about your medications**

**To view a list of SOME medications that can cause harm when taken with alcohol:  
<http://pubs.niaaa.nih.gov/publications/medicine/medicine.htm>**

**Please remember this list does NOT include ALL the medicines that may interact harmfully with alcohol. This also does not include all the ingredients in every medication listed.**